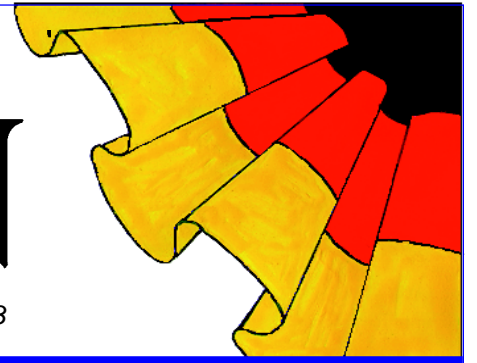


THE CITIZEN

Vol. 32, No. 24

The 6th Area Support Group Newspaper

December 2, 2003



Stuttgart, Bad Aibling, Oberammergau and Garmisch, Germany

Stuttgart honors Native Americans

Heritage events on Patch Barracks celebrate cultural contributions

Story & photo by Hugh C. McBride

The 6th Area Support Group celebrated Native American Indian Heritage Month with two Patch Barracks events that focused on family and respect for the environment.

United under the theme "Honoring Life, Honoring Elders, Honoring Heritage," a Nov. 22 powwow in the Patch High School gymnasium and a Nov. 24 lunch event in the Patch Community Club offered opportunities for community members to watch, learn about and participate in various aspects of Native American culture.

"Being Native American is a way of life," said David Lee, chief of network operations for the 52nd Signal Battalion. "It's more than how you look – it's how you live."

Lee served as "master of ceremonies" for the powwow, explaining the cultural significance of various segments of the 6-hour event.

"A powwow is a family reunion," Lee said, adding that it is not uncommon for traditional events to last for days.

And though participants may not belong to the same family or tribe, he said all are welcome – provided they come "with an open mind and an open heart."

Lee also performed at the Nov. 24 lunch event, which featured remarks by Lt. Col. William Sherod, commander of the Stuttgart-based 52nd Signal Battalion, and Nagi WhiteOwl, former clan mother of the Wolf Clan Southern Cherokee Nation.

Sherod said it was appropriate for the military to celebrate Native American Indian Heritage Month, citing the Navajo "code talkers" of World War II and Sacagawea's service to Lewis and Clark's famous expedition as two of the many ties that bind U.S. military history with Native American culture.

WhiteOwl – who 6th ASG Equal Oppor-

*Being a
Native American is
a way of life.
It's more than how
you look – it's
how you live.*

David Lee
52nd Signal Battalion

tunity Officer Sgt. 1st Class Carey Williams said "has been teaching this community ever since she got off the plane" – concluded a series of area appearances with word of thanks for "America's warriors" and a plea for environmental respect.

"If we are going to stand united as co-inhabitants of Mother Earth, we must take a stand [against pollution and destruction of the environment]," she said.

The lunch event also included a buffet of traditional Native American foods and a performance by Patch Elementary School teacher Jan Lowry's first-grade class, who sang a medley of patriotic songs and reenacted the Native American myth of how the stars first appeared in the sky.

6th ASG Commander Col. Gwendolyn Bonéy-Harris ended the event by thanking the volunteer organizers and participants. "We are indeed fortunate to have such individuals in our community," she said.

[Left] A powwow participant pauses after leading a "snake dance" Nov. 22 in the Patch High School gymnasium. The powwow was one of two Stuttgart-area events marking Native American Indian Heritage Month.

INSIDE THIS EDITION



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Just in time for the holidays, four Stuttgart-area culinary artists hone their skills.

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A Robinson Barracks instructor's "farewell" recital showcases talented young dancers.



Thorns 'n Roses

From community submissions



Roses to:

Michelle Saylor, the 6th ASG health promotion coordinator, for making the Great American Smokeout 2003 such a great success and a worthwhile event for all who attended. From the T-Shirts to the breakfast bags to the fun that was had by all, Michelle made it all happen.

Desmond and Danny at the Patch gym, for going above and beyond the call of duty to make the Great American Smokeout a success. Your tireless efforts were greatly appreciated.

(For more about the Smokeout see page 10.)

Russell Orr, for his continued efforts on behalf of events in this community. Stuttgart-area functions could not be a successful as they are without caring and committed volunteers – and Russell Orr is definitely one of these people. He is a true silent hero with a heart of gold.

Thorns to:

Dog owners who refuse to “scoop the poop.” Do I really need to elaborate here? C'mon, people, this should be a no-brainer by now!

Drivers who park all day in time-limited spaces on post – then have the nerve to be upset when they get a ticket. In addition to ignoring the needs of your fellow community members (who might like to use the bank and post office, too), you forgot Baretta's cardinal rule: Don't do the crime if you can't do the time.

E-mail comments to citizen@6asg.army.mil or fax them to 421-2570/civ. 0711-729-2570.

Depression not 'all in your head'

Stigma too often stalls medical attention for highly treatable disease

By Michael Flaherty

Commentary

For more about fighting stress and depression over the holidays see page 11.

Depression – the leading cause of disability world-wide – affects 10 to 14 million

Americans every year. Why, then, does it remain hidden?

Depression is treatable, with success rates as high or higher than for most physical illnesses. Why does it remain largely untreated?

Depression is potentially fatal, with morbidity rates comparable to those of angina and advanced coronary disease. It exacerbates other diseases. Why is it so drastically underinsured?

The United States hemorrhages between \$30 and \$50 billion each year in lost worker productivity and direct medical costs related to depression. Why do so many decision makers consider depression “too expensive” to treat, a “bad business decision” to insure?

Study after study has concluded that depression can cause or exacerbate serious physical illness, and vice-versa.

Research conducted by the National Institute of Mental Health definitively shows that when a person is depressed, biological changes take place at the physiological and cellular levels that impede recovery.

Conversely, people with depression are more likely to become physically ill. These findings have staggering importance for people suffering from, or at risk for, breast or prostate cancer, heart disease, stroke, AIDS, Parkinson's disease and most other major illnesses linked through research to depression. Among NIMH's other surprising findings:

- Women with a history of childhood depression may be up to 400% more likely to develop breast cancer later in life.

- Depressed patients who have had a heart attack are more likely to die afterward if their depression remains untreated.

- Small-cell lung cancer is likely to advance more quickly in patients whose depression remains untreated.

- Women with untreated depression show a lowered bone density, making later-life hip fractures and falls both more common and potentially fatal.

- Widowed men are at greatly increased risk for death in the period immediately following their wives' deaths.

- A recently identified pattern of psychoendocrine risk factors appears to predict a subgroup of adolescents who will likely develop later-life depression.

- Later-life depression, which used to be considered an inevitable part of aging, is now seen as a treatable condition.

Dr. Kenneth Wells, mental health researcher for the Rand Corporation, has pointed out that in 2001 only about 25% of depressed people were insured for mental health and receiving appropriate care. By comparison, he noted, if only 25% of cardiac patients were insured for that disease and receiving proper treatment, a national scandal would result.

If depression is an illness, why don't we treat it?

The two central reasons, stigma and lack of insurance, are both based on mistaken beliefs. Although Surgeon General David Satcher calls it “inexcusably outmoded in society of the late 20th century,” the social stigma of mental illness still exists. This stigma – the false belief that depression is somehow imaginary or within a person's control – discourages sufferers from seeking treatment.

The other major barrier is lack of insurance. Since mental illness is still inaccurately viewed as something other than physical illness – something within the control of the sufferer, or untreatable – many insurers cover it inadequately or not at all, in the mistakenly belief that cost savings will result. In reality, the loss of productivity due to depression presents a far greater, and avoidable, business cost than the cost of insuring it. Studies show that treating depression improves the physical and mental health of patients, as well as their employment, productivity, and financial pictures – even two years following treatment.

Failing to fully insure mental health treatment can only be described as the greatest “discrimination” in health care today. No scientific evidence supports anything to the contrary.

The truth is that we cannot afford not to treat mental ill-

Emerging from the darkness

By Anonymous

Commentary

The other day I opened up a “significant events” report and read that an airman had killed himself. Just a few lines down, I saw where another had attempted suicide. As I looked at the words, I felt simultaneously sad and angry. But I also felt something more personal: understanding.

I understand what it is like to feel as if you are so far in a hole of blackness it has consumed everything in your life. I understand what it is like to want to die. Most importantly, I understand what it is like to come back.

Whether or not you have ever been in that position or known someone who has, I hope you read this commentary and take something from it.

The message is simple: Help is out there, and things, no matter how bad, can get better. But people must be willing to utilize the resources available to them.

The human spirit is an amazing thing, but sometimes things seem so difficult a person would consider taking his or her own life as a solution.

When things progress that far, it is time for that person to get professional help. So why don't they? Why do people hesitate to get involved? Why are people so afraid of the words “mental health?”

Wrongly, they fear it will adversely affect their career. They worry that getting help is a sign of weakness or cowardice, when in fact it is just the opposite.

Getting help takes a tremendous amount of courage and strength. It means swallowing your pride and working hard, pressing forward despite the fear. But mostly, it means you are willing to fix things instead of letting them get worse.

Over the years, I have talked to many people who have experienced suicidal thoughts or struggled with depression, stress, anxiety or other problems. The people are as varied as the reasons for their feelings. Many are people you would never suspect – people who are successful and seem to have everything together.

The resources are available and things can get better, but sometimes that means you have to step out of your comfort zone. Drop the fear. Drop the judgment. Life is too precious to let those things get in the way.

If you see someone in trouble, be honest. Tell that person you are concerned, and why. You may get ignored, but you could be the push the person needs.

If you need help, tell someone or go get it yourself.

According to the Centers for Disease Control and Prevention, suicide claims the lives of more than 30,000 Americans a year. All could have been prevented.

You may have noticed I didn't put my name on this commentary. That is not an accident. There is a point. You do not know who I am. I could be anyone – your co-worker, the person you talk to almost daily.

I could be your best friend, or even your boss. It is possible I am a family member. Or, I may even be you.

This commentary appeared online at www.af.mil.

ness. Full insurance parity deserves top priority in our overall health care design.

Furthermore, equal treatment under the law would go a long way toward eliminating the remainder of social stigma and would reduce the vastly underestimated burden of mental illness on overall health and productivity in the United States.

Wake up ... please.

Psychologist Michael Flaherty is the Director of Behavioral Healthcare Initiatives at the Jewish Healthcare Foundation of Pittsburgh. This commentary originally appeared online at www.erasethestigma.org.

THE CITIZEN

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www.stuttgart.army.mil

Thanksgiving 2003

Senior leaders thank troops for service, sacrifices

By Gen. James L. Jones
U.S. European Command



Jones

Thanksgiving Day is a unique American holiday and custom.

Traditionally, the Pilgrims in 1621 celebrated a day of thanksgiving with local Native Americans for the bountiful harvest that nature provided them during their first year in the New World.

Throughout our nation's history, this day has evolved into the celebration and customs that we enjoy today, which for most Americans means gathering together with family and friends.

Beyond our abundant harvests and tremendous natural resources with which nature has blessed our nation, we have much for which to be thankful.

We enjoy political, economic, and religious freedoms that are a model for the rest of the world. This year, Americans can be especially proud of the continued excellence of its military and its successes around the world against the threats to our values and freedoms.

And most importantly, Americans are grateful to all of our citizens who voluntarily wear the uniform, especially those who are away from their families on this special holiday.

Diane and I would like to wish all Soldiers, Sailors, Airmen, Marines, Coast Guardsmen and civilians of U.S. European Command and their families a wonderful Thanksgiving.

During this festive occasion, please reflect for a moment and give thanks for all of the blessings that we enjoy as citizens of the United States.

For those who will not be with family this year, please know that our thoughts are with you and your loved ones during this time and that all Americans are grateful for the sacrifices that you make on our behalf.

Jones is the commander of U.S. European Command.

By Donald H. Rumsfeld
Department of Defense



Rumsfeld

Thanksgiving is a uniquely American holiday – a reminder not only of the abundance that freedom brings, but that ours was the first nation in the history of the world to be founded on freedom.

Freedom lies at the heart of who we are, and what we believe. And for more than two centuries, our country has been blessed with men and women willing to fight and die to defend the freedom we cherish.

More than two years have passed since the beginning of the global war on terror. You have sacrificed much to protect and defend the security of your fellow citizens at home – and to liberate some 46 million others from a life of brutality and fear.

Thanks to your courage and determination, freedom is taking root today in Afghanistan and Iraq – and terrorism as an instrument of fear and oppression is being confronted and beaten back. That is an achievement for which we can be truly grateful.

And so, we give thanks for our freedom, and for all of you, who guard and protect it every day. We are thankful also for your families, who sacrifice so that you might serve.

We are grateful for our friends and allies who stand with us in the war on terror and for each U.S. Soldier, Sailor, Airman and Marine – and those of our allies – who have given their lives in the cause of freedom.

Thank you for all you do. May God bless and protect you this day and always. And may He continue to bless the United States of America.

Rumsfeld is the U.S. secretary of defense.

President pays surprise visit to troops serving in Baghdad

By Gene Harper
American Forces
Press Service



Bush

“Together you and I have taken an oath to defend our country. The United States military is doing a fantastic job. I’m proud to be your commander in chief.”

George W. Bush
U.S. President

About 600 troops who gathered for Thanksgiving Day dinner in Baghdad had a surprise guest: their commander in chief, President George W. Bush.

Under the security of darkness and tight-lipped staff secrecy, the president arrived in Baghdad on Thanksgiving Day at Baghdad International Airport for a reported two-and-a-half-hour visit.

Army Lt. Gen. Ricardo Sanchez, Combined Joint Task Force 7 commander, and Coalition Administrator L. Paul Bremer were completing remarks to Soldiers of the 2nd Armored Cavalry Regiment and the 1st Armored and 82nd Airborne divisions and other guests when Bush walked into the area and up to the podium.

A stunned crowd of Soldiers

jumped to their feet and hailed him with sustained, thunderous applause and shouts of “hooah.”

The president's watery eyes showed his reaction.

“I was just looking for a warm meal somewhere, Bush said. “Thanks for inviting me.”

“I can’t think of a finer group of folks to have Thanksgiving dinner with than you all,” the president said. “Today Americans are gathering with their loved ones to give thanks for the many blessings in our lives. And this year

we’re especially thankful for the courage and the sacrifice of those who defend us, the men and women of the United States military.

“I bring a message on behalf of America: We thank you for your service. We’re proud of you, and America stands solidly behind you,” he said.

“Together you and I have taken an oath to defend our country,” Bush told the troops. “You’re honoring that oath. The United States military is doing a fantastic job. ... I’m proud to be your commander in chief.”

News & Notes

Tree-lighting ceremonies set

Christmas tree-lighting ceremonies will be held on Stuttgart-area installations on the following dates:

- Dec. 9. – Kelley Barracks flag pole
- Dec. 10 – Patch Barracks Chapel
- Dec. 11 – Robinson Barracks Community Club
- Dec. 12 – Panzer Kaserne Chapel

All ceremonies will start at 5 p.m., and will be followed by a reception with Santa Claus.

RB renovation project underway

A renovation project that will affect the fitness center, School Age Services, Youth Services and library has begun in Robinson Barracks' building 151.

This project will continue for the next few months and patrons may experience minor inconveniences as work progresses. For more information call 421-2089/civ. 0711-729-2089.

Gift wrap helps service members

Holiday gift wrapping services will be available at the Patch Barracks PX on a donation-only basis on the following dates:

- Dec. 5 – 5 to 6 p.m.
- Dec. 6 – 10 a.m. to 6 p.m.
- Dec. 7 – noon to 6 p.m.
- Dec. 12 – 5 to 6 p.m.
- Dec. 13 – 10 a.m. to 6 p.m.
- Dec. 14 – noon to 6 p.m.

Proceeds will help brighten the holidays for service members in Iraq and those recovering in Landstuhl Army Medical Center. Volunteers are also needed.

For details call 0711-305-7175 or e-mail simpson@6asg.army.mil.

CYS sponsors ‘Parents Night Out’

Parents can take a night for themselves Dec. 5, when Child and Youth Services will watch their children, 6:30 to 11 p.m.

This special night is open to all children registered with CYS. For details call 430-7480/civ. 0711-680-7480.

Girl Scouts seek members

The Stuttgart Girl Scout program is always on the lookout for new members and adult volunteers.

To learn more about these opportunities call Patricia Walker at 0711-674-0829, e-mail stuttgartgirlscouts@hotmail.com or visit www.stuttgartgirlscouts.com.

Oriental belly dancing classes

Interested in learning the art of belly dancing? Classes are Wednesdays, 7 to 9 p.m., in the Patch Barracks FitnessCenter.

Classes include stretching, strength training, basic moves, choreography and discussion of culture and music. The first class is free.

For details call 430-4512/civ. 0711-680-4512.

ADHD support group meets

The next ADHD support group meeting is Dec. 10, noon to 1:30 p.m. in the Army Community Service classroom. All community members are welcome to attend.

The theme is “Supporting Your Child’s Education.” Participants are invited to bring a sack lunch.

To register call 430-7176/civ. 0711-680-7176.

Santa has e-mail

Children of all ages are encouraged to send their wish lists and their mailing addresses directly to Santa this year. All e-mailed wish lists received by Dec. 20 will receive a personalized postcard in the mail within three weeks from St. Nick himself.

All e-mail wish lists should be addressed to Santa.Claus@mail.estripes.osd.mil. Those who prefer to write Santa a letter should mail it to Santa Claus, North Pole, APOAE 09211.

Goose holds Christmas market

The Gussy Goose craft store will hold a Christmas crafters bazaar Dec. 7, 11 a.m. to 6 p.m.

The *Kleine Weihnachtsmarkt* will feature handmade items by local crafters. For details call 430-5270/civ. 0711-680-5270.

Garmisch's Edelweiss Lodge and Resort slated for Sept. 2004 opening

AFRC promises 'world class' facility on Sheridan Kaserne

Armed Forces Recreation Center Europe

Garmisch's new Edelweiss Lodge and Resort is scheduled to open Sept. 15, 2004. AFRC Europe is now accepting reservations for lodging and conferences.

The Edelweiss Lodge and Resort will boast a 330-room resort hotel that will include a conference center, three restaurants, entertainment game rooms, gift shop, parking garage, indoor pool and wellness club.

The resort will also include a nine hole Alpine golf course, Hausberg Sport Lodge and Vacation Village Campground.

Truly a year-round destination, Garmisch offers views from most any window of the resort hotel that are framed by one of the mightiest mountain ranges of the northern Alps – which includes Germany's highest peak, the Zugspitze.

Character and convenience

With an interior design forged in rustic wood, stone and other natural elements, the rugged character of Edelweiss Lodge and Resort presents a rugged character in harmony with ample conveniences and amenities offered to its guests.

"The Edelweiss Lodge and Resort is going to be a world class resort hotel and give us the opportunity to serve our guests in an inspiring, safe and secure environment," said General Manager Richard LeBrun.

The new resort joins the Hale Koa in Honolulu, Hawaii; Shades of Green in Orlando, Florida; and Dragon Hill Lodge in Seoul, South Korea, as a joint-services resort hotel centrally managed by the Army's Community and Family Support Center.

The construction of the \$60 million resort has been fi-



An artist's rendition of the main lobby of Garmisch's new Edelweiss Lodge and Resort, which is slated to open Sept. 15, 2004.

nanced with a commercial loan (no tax dollars), which is a first for the United States military.

A history of service

For 58 years, the Armed Forces Recreation Center Resorts in Europe has been providing service members, De-

AFRC to sell excess equipment from closed Chiemsee Resort

AFRC Europe will conduct a Nonappropriated Fund Equipment Sale Dec. 12 to 14 (10 a.m. to 4 p.m. each day).

All equipment offered for sale was used during operations at the Chiemsee Resort until its Sept. 1 closure.

Televisions, VCRs, paintings, glassware, flatware and chairs will be available. All prices will be preset.

Only US ID cardholders are authorized to purchase equipment. All sales are final, and all purchases must be removed from the property immediately after sale. – *AFRC Release*

partment of Defense civilians and retirees with vacation opportunities within the rich culture and picturesque scenery of the Bavarian Alps.

Also, Garmisch's Von Steuben Hotel remains open exclusively for service members and families participating in the Operation Iraqi Freedom and Operation Enduring Freedom Rest & Recuperation programs.

For more information about the Edelweiss Lodge and Resort, or to make reservations, visit www.AFRCEurope.com or call the AFRC Europe Vacation Planning Center at 440-2575/civ. 08821-72981.



Kim Jannsen

Members of the Bad Aibling Station community peruse the offerings at the Bad Aibling Community Spouses' Club's Holiday Bazaar at the Wildbore Hof.

Bad Aibling Christmas Announcements

Angel Trees return

The Community Support Center will once again sponsor the "Angel Tree" for those who need a little extra help to make Christmas special. Community participants are encouraged to select an angel from our tree and then purchase a gift. All gifts should be delivered to CSC by Dec. 16.

Tree-lighting ceremony Dec. 5

Due to security constraints, the BAS tree-lighting ceremony is restricted to employees and immediate family members. If you plan to attend with family members who are not U.S. identification cardholders, you must call Clio Ni Murnain-Seipel at 08061-38-3447/5055 no later than Nov. 21 to provide their names and passport numbers.

Officials tighten belt on speeders, seat belt violators

By Melanie Casey

The number of tickets issued for seat belt violations in the 6th Area Support Group more than doubled in just a few months, and speeders have been nabbed in increasing numbers each quarter this year.

The reason? The 6th ASG Provost Marshal's Office is "bumping up enforcement," said 6th ASG Provost Marshal's Office Operations Officer Art Richard.

Buckle up

Seat belt check points are being set up in different places – not just at the front gate – on all Stuttgart-area installations to catch those not buckling up.

Strict enforcement is in place for seat belt violators – and drivers should look for more random checks in the future, Richard said.

Speeders beware

In addition to enforcing seat belt laws, the 6th ASG PMO is also working aggressively to catch speeders.

"It's important that our drivers operate their vehicles safely, especially during school hours," Richard said.

Richard said 135 speeders were nabbed during the fourth quarter of fiscal year 2003, compared to 95 in the third quarter and 70 in the second quarter.

Richard said this is due in part to the PMO running a radar randomly on all installations.

The consequences of speeding on post can be dire.

Points are assessed for all speeding citations (see box

If you play, you pay

Treating motor vehicle laws like a game can have serious consequences. The following is a look at penalties for two common infractions:

Seat belt violations

- First offense: Seven-day driving suspension and two points assessed against USAREUR driver's license.
- Second offense: 30-day driving suspension and two more points assessed.
- Third offense: 180-day driving suspension, and two more points assessed.

Speeding

- Up to 16 kph over the limit: 3 points
- 17 to 25 kph over the limit: 4 points
- 26 to 32 kph over the limit: 5 points
- More than 33 kph over the limit: 6 points

Only 12 points are allowed against a USAREUR driver's license in a one-year period.

When drivers reach 12 total points – for whatever reason – they lose their license indefinitely.

source: 6th ASG Provost Marshal's Office

above) and extenuating circumstances could result in a reckless driving charge, which could add an additional six points to a speeding violation.

Commanders also have the ability to make what is known as a "discretionary suspension" for service members under their command.

The speed limit on Patch and Kelley Barracks and Panzer Kaserne is 30 kilometers per hour, which equates to about 18 miles

per hour.

In housing areas, the speed limit is 20 kilometers per hour.

Since much of Robinson Barracks is considered a housing area, Richard said, the speed limit for most of the post is 20 kilometers per hour.

For more information call the 6th Area Support Group Provost Marshal's Office at 430-5262/civ. 0711-680-5262.

Customs office offers Christmas tips

Gift-givers advised to check rules before mailing prohibited items

U.S. Army, Europe
Customs Release

Some people have a way of buying the wrong holiday presents.

While this is often a matter of taste, many items available in Europe that seem like good holiday presents violate customs rules.

Some are banned from import to the United States and others may be carried in baggage but not mailed.

Violations of customs, agriculture or postal regulations can lead to hefty fines and confiscation of the goods.

■ Meat and meat products are one big problem. "European delicacies like French paté, German wurst, Spanish chorizo salami and Italian ham are here for the buying and much sought-after in the States," said William Manning, Department of Agriculture adviser to the U.S. European Command.

"Unfortunately they can also carry the spores of Foot and Mouth Disease, a virulent livestock ailment eradicated in the United States," he added.

These products, all canned meats and soup mixes containing meat are therefore banned.

■ Fresh fruits and vegetables are also prohibited because they could harbor pests.

The threat to U.S. agriculture is so great that Customs and Border Protection can fine those who mail or take banned foods up to \$250. Criminal action for

Violations of regulations can lead to hefty fines and confiscation of the goods.

deliberate cases of smuggling can end in a \$5,000 fine and a year in jail.

■ Europe boasts many fine wines and spirits. The Europeans even produce liquor-filled candies that make original Christmas gifts. Unfortunately the U.S. Postal Service bans all liquor from being mailed, even if it is inside a piece of candy.

However, customs allows travelers over 21 years of age to import one liter of duty-free liquor. If you plan on taking more than one liter of beer or wine stateside as gifts, the federal taxes and duties are currently low enough to make it worthwhile.

■ Counterfeits of well-known trademarked items are also banned from the mail. Many producers of designer items have registered their trademarks with customs personnel who inspect mail for faked products.

Military customs offices can offer more advice on these and other holiday shipping questions.

For details visit www.customs.gov/xp/cgov/travel/.

December: '3D' Prevention Month

Campaign targets drunk, drugged drivers

Army Substance Abuse
Program Release

December is National Drunk and Drugged Driving (or "3D") Prevention Month.

Since 1982, the Army has supported National 3D Prevention Month activities to provide military community members with information the dangers of impaired driving and help reduce incidents of driving under the influence.

With the holidays approaching, there will be opportunities for many to place themselves at great risk by drinking and driving. Because alcohol is often available during holiday celebrations, chances of alcohol abuse increases.

It is important for anyone who intends to consume alcohol to first plan how he or she will be getting

Did you know?

- *Every hour of every day two people die because of alcohol- or drug-impaired drivers.*
- *Young adults are at highest risk.*
- *Even small amounts of alcohol can cause impairment.*

from one place to another.

Designated drivers, public transportation, taxis or walking are always good alternatives to driving after consuming alcohol. Of course, officials say, abstinence from alco-

hol is the best option.

Party hosts should ensure the following:

- Guests are provided with food.
- Alcohol abuse is discouraged.
- Non-alcoholic beverages and snacks are plentiful at the end of the party.

■ An empty couch or taxi is available for those who have consumed alcoholic beverages.

Zero tolerance is the rule in all situations. If you drink, don't drive.

Jeffrey Whitesell, Stuttgart's alcohol and substance abuse prevention coordinator, is available to teach a 3D prevention training course or provide the necessary training materials for the class.

For more information call 431-2743/civ.07031-15-743 or e-mail whitesellj@6asg.army.mil.

Services stage successful test of mobile rocket system

By Fred W. Baker III
Fort Sill
Public Affairs Office

Early-entry forces are one step closer to gaining faster deep-field artillery firepower on the battlefield.

A Nov. 19 evaluation on Fort Sill, Okla., marked the first time that the Army's new High Mobility Artillery Rocket

System was combat-loaded with rockets, flown by C-130 to an assault landing zone, downloaded and employed to fire a six-round live-fire mission.

The test mission – a joint effort of the Army, Air Force and Marine Corps – was a great success for a system designed to deliver early-entry and light forces protection and firepower they've never had before, said Col. James Heverin, training and doctrine command system manager for rocket and missile systems at Fort Sill.

Weighing in at well under its 44,000-pound, M-270 counterpart, the newly developed 35,000-pound HIMARS is in line with the Army's vision of a lighter, more lethal force, Heverin said.

"This provides us a rocket and missile capability that we have not been able to have in certain places in our battlefield," Heverin said.

"Now ... we can go to places on the battlefield that we otherwise haven't been able to go, and put a capability in



Army News Service
A High Mobility Artillery Rocket System fires a volley of reduced-range practice rounds Nov. 19.

miles from Redstone Arsenal in Huntsville, Ala., to the newly developed landing zone at Fort Sill. The 3,500-foot-long strip of dirt was carved out of rugged terrain by Army engineers in the past month, and replicates a "worst case [landing] scenario" for the C-130 crew, Heverin said.

HIMARS is designed to be transported quickly between theaters of operations, he said.

Less than fifteen minutes after landing during the test, the HIMARS' three-man crew had the system ready to receive a fire mission.

"The bottom line for this system is that it performed almost flawlessly, meeting all standards and requirements. This is extremely important to the field artillery and to the Army in general, because the 'king of battle' is now prepared to move into the future with its newest and most effective launch system," Heverin said.

The first HIMARS to be fielded are on track to be delivered to the 18th Airborne Corps in March 2005

the hands of commanders to fire the deep fires ... that we haven't had before," he said.

"Early-entry operations forces, light forces and special operations forces now all stand to gain by the mobility and the transportability that this system provides us," Heverin said.

The C-130 flew the combat-loaded HIMARS more than 650 nautical

Army to suspend conditional promotions

By Spc. Bill Putnam
Army News Service

Effective Jan. 1, all conditional promotions Armywide from sergeant to sergeant first class will be suspended.

The new policy, dated Nov. 21, states that Soldiers must graduate from their respective noncommissioned officer education school before being considered for promotion.

Sergeants must graduate from Primary Leadership Development Course to be considered for staff sergeant; staff sergeants must graduate from the Basic Noncommissioned Officer Course to be considered for sergeant first class; and sergeants first class must graduate from the Advanced Noncommissioned Officer Course for consideration to master sergeant.

"We always figured it would stop," Sgt. Maj. Julian Edmondson, personnel policy integrator at the Pentagon's G-1 staff, said of the conditional promotion policy.

"It's hard enough to manage during peacetime," Edmondson said. "With a war it was a nightmare."

There are 36,641 Soldiers waiting for seats in the Army's various Noncommissioned Officer Education System schools, said Command Sgt. Maj. Lionel Parker of the Army's G-3 (Operations) institutional training shop.

Parker said the Army's operation staff is working out the details of a plan to train soldiers who are waiting for school seats.

The new policy also directs that retiring Soldiers or those who are leaving the Army depart the Army in their current rank regardless of their NCOES status.

The policy of conditionally promoting a Soldier to the next rank started en masse around 1992, Edmondson said.

Now the policy is "back to what it was" before 1992, he said.

From cooks to culinary artists

Stuttgart-area food service personnel learn finer points of their profession

Story and photos by Mildred Green



Sgt. Michael Ramey creates a horn out of salt dough during the weeklong culinary arts class on Stuttgart's Kelley Barracks.



From craftsmanship to artistry – and from precision to power tools – a November culinary arts workshop on Kelley Barracks gave four Stuttgart-area food service personnel hands-on experience with the finer points of their profession.

The class, which was taught by the 6th Area Support Group's food advisor, Chief Warrant Officer 3 Robert Sparks, took the cooks through the steps necessary to create such aesthetic delicacies as ice carvings, salt dough cornucopias and baskets, Bible cakes with rolled fondant, blown sugar fruit and gingerbread houses.

"This was definitely a learning experience," said Sgt. Michael Ramey, one of the course participants.

A team effort

The small class size emphasized collaboration. "It took more of a team effort to get things going," said Sgt. First Class Danny White. "We knew what it required to work together and make a better product."

At the end of the workshop the cooks took their products to their dining facilities. And although the facilities would be competing for the best-decorated hall, the students still helped each other during the workshop.

"We're not in it for the competition, but in it as a team," said Spc. Kellan Boh.

On at least one occasion, the team came in on a Saturday to finish a project, Sparks said.

Hard work pays off

Sparks, who has been competing in culinary arts competitions for about 19 years, said he was pleased with the quality of cooks who were sent to him.

"These guys were interested in learning," Sparks said. "They didn't mind working hard or me pushing them hard."

These guys were interested in learning. They didn't mind working hard or me pushing them hard.

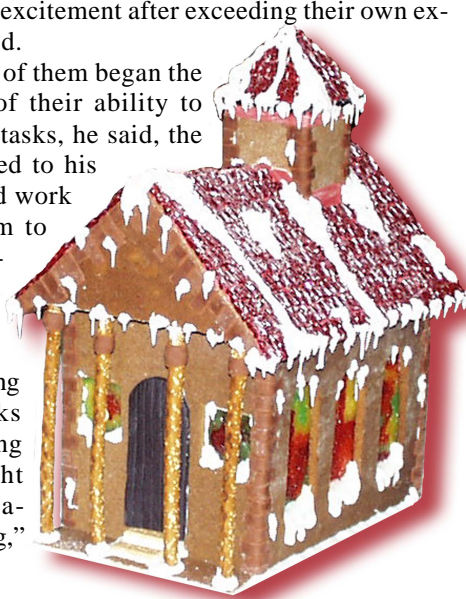
Chief Warrant Officer 3 Robert Sparks
6th Area Support Group Food Advisor

Student Frank Valdes admitted that there were some frustrating times, but "you just start over again," he said. "It will come out good eventually."

Sparks said the highlight of the workshop for him was seeing the cooks' excitement after exceeding their own expectations, he said.

Though many of them began the training unsure of their ability to complete certain tasks, he said, the students responded to his training with hard work that enabled them to exceed their perceived capabilities.

"I get great satisfaction from seeing the young cooks produce something that they thought they were not capable of producing," Sparks said.



[Above] The Patch Dining Facility's Frank Valdes gets up close and personal with a cake created in the shape of an open Bible. The Kelley Barracks culinary arts class gave students hands-on experience with a variety of skills related to their profession.

[Left] Spc. Kellan Boh puts a few finishing touches on his gingerbread house during the culinary arts class. In addition to such edible delicacies as this house, the students also learned how to create "eyes only" displays such as ice sculptures.



Chief Warrant Officer 3 Robert Sparks, the food advisor for the 6th Area Support Group, blasts into a block of ice that is in the process of becoming a boat. An experienced ice carver and culinary competitor, Sparks guided four Stuttgart-area students through a weeklong look at the finer points of the craft.

Great American Smokeout 2003

Early morning run/walk is a 'GAS, GAS, GAS'

Story & photos
by Hugh C. McBride

Mick Jagger most likely didn't have cigarettes in mind when he wrote that Jumpin' Jack Flash was a "gas, gas, gas," but the song's lyrics could be interpreted as hinting at the ravages of tobacco addiction: "I was drowned, I was washed up and left for dead. I fell down to my feet and I saw they bled."

A few participants in Stuttgart's own "GAS" (that's "Great American Smokeout" to you and me) Fun Run/Walk may have been thinking similar thoughts — especially if they hadn't kicked the habit before heading out for an early-morning jaunt around Patch Barracks Nov. 20.

"Getting off the tobacco habit and staying off it is critical," said Col. Richard Mills, assistant chief of staff for U.S. European Command.

Mills, who was the keynote speaker at a pre-run formation in the Patch Fitness Center, said quitting is "a fight every day ... [but] if you're out here today to run, I know you're committed to a healthy lifestyle."

In addition to Mills' words of motivation and an anti-tobacco skit by members of Patch High School's Teens Against Tobacco Use, Fun Runners and Walkers were also treated to a healthy



Members of the 52nd Signal Battalion pass through Washington Square during the Nov. 20 Fun Run/Walk.

post-run breakfast, a free T-shirt and the opportunity to learn more about the dangers of tobacco use.

Sixth Area Support Group Health Promotion Coordinator Michelle Saylor said the turnout of more than 250 community members was evidence of Stuttgart's commitment to healthy living.

"Our community continues to lead the military when it comes to being smoke-free," she said.

For more about the Great American Smokeout visit www.cancer.org.



6th ASG Community Health Nurse Terry Gorham shares tobacco facts with two Fun Run participants.



Teens Against Tobacco Use members Danielle Grigsby and John Ritchie demonstrate the effects of tobacco with "Mr. Gross Mouth."

Patch High School group aims to 'TATU you' with tobacco info.

Story & photo by Melanie Casey

In conjunction with the Nov. 20 Great American Smokeout, members of Patch High School's Teens Against Tobacco Use performed tobacco-awareness skits for fourth through sixth graders at Patch Elementary School.

"Fourth to sixth-graders are the next generation of smokers," said Terry Gorham, 6th Area Support Group Community Health Nurse, "and they listen better to teens than to nurses."

TATU began in 1996 as an initiative of the American Lung Association and since then has reached more than 400,000 children across the United States, according to the ALA Web site.

Gorham started the PHS TATU group six years ago. Group members meet weekly to "learn about the harmful effects of tobacco products, watch videos and learn ways to educate the

public," said TATU member Jim Ritchie, a PHS senior.

The teens' TATU training culminates with the events of the Great American Smokeout, which takes place annually in November. Participants in TATU receive a certificate along with credit for community service, Gorham said.

Gorham and PHS faculty members Sue Schmidt and Alane Clemons serve as the TATU advisors. This year's group, with 21 members, is Stuttgart's biggest ever, Gorham said.

TATU member Jessica Weigeshoff said she joined TATU this year because she "wanted to educate the little kids about the dangers of tobacco use." Ben Back said he joined to "get my friends off smoking."

For more information about Teens Against Tobacco Use visit www.lungusa.org.

Smokefree.com offers online assistance to help smokers kick habit

Smokefree.com Release

The National Cancer Institute is proud to introduce www.smokefree.gov, a new Web site dedicated to helping smokers kick the habit once and for all.

This a commercial-free site was developed using scientific smoking cessation research and provides a variety of media to help smokers quit, including the following:

- Online instant messaging
- A Web-based quitting guide
- A smoking quit line (1-888-44U-QUIT)
- Self-help guides.

Smoking cessation self-help guides are available for special populations, including Spanish speakers, African American smokers, smokers over the age of 50, and smokers who have recently quit.

Additional features on www.smokefree.gov include a nicotine addiction test, a craving journal and details on medications that can help smokers

manage withdrawal symptoms.

The site also provides the phone numbers and Websites for quit lines within each state via an interactive U.S. map.

Researchers and health professionals can use www.smokefree.gov to access the government's best practice manuals for treating tobacco use and dependence as well as reports from the Surgeon General about smoking.

Organizations that provide information on smoking cessation are encouraged to link to www.smokefree.gov.

NCI's Tobacco Control Research Branch leads and collaborates on research and disseminates evidence-based findings to prevent, treat, and control tobacco use.

For more information visit www.tobaccocontrol.cancer.gov, e-mail Dr. Jacqueline Stoddard at stoddaja@mail.nih.gov, or e-mail April Brubach at brubacha@mail.nih.gov.

Good news: 'Holiday blues' are beatable

Help is available to ease seasonal stresses, depression

By Melanie Casey

For many people, the holiday season evokes feelings of joy and optimism and is a time to enjoy family togetherness and celebration. For some, however, the season brings increased stress along with feelings of loneliness and sadness, leading to what is called the "holiday blues."

Causes and symptoms

The blues are brought on by the increased stress associated with holidays and most commonly appear during December.

Factors such as having guests, financial worries associated with gift giving and entertaining, the inability to be with family members, a sense of increased isolation and loneliness and having unrealistic expectations can contribute to its development.

Symptoms include headaches, the inability to sleep or sleeping too much, increased anxiety, increased or inappropriate feelings of guilt and a diminished ability to concentrate.

One reason may be that "the holidays reconnect us with our childhood experience of family celebrations," said Gayle Peterson, Ph.D, a family therapist. "The holidays bring up our yearnings for family closeness, past and present, imagined or real," she added.

Diagnosis SAD

There may be more to the holiday blues than just stress, fatigue, unrealistic expectations, financial problems and loneliness. For some people, the holiday blues could be the result of a mood disorder known as Seasonal Affective Disorder.

SAD is caused by a lack of sunlight. More specifically, SAD is caused by an increase in the brain's production of melatonin, a sleep-related hormone produced at higher levels in the dark.

As winter approaches and the days get shorter and darker, some people may experience an increase in their melatonin levels, which could result in SAD.

The symptoms of SAD often mimic those of clinical depression, such as excessive eating and sleeping, weight gain and persistent sadness. However, SAD is marked by *regularly-occurring* depressive symptoms that occur only in the fall and winter months, with a full remission during the spring and summer.

According to the National Mental Health Association, one must have experienced symptoms for at least two years with no non-seasonal depressive episodes to be diagnosed with SAD.

SAD is treated primarily with bright light therapy (known as phototherapy), which has been shown "to suppress the brain's secretion of melatonin ... and many people respond to this treatment," according to information on the National Mental Health Association Web site (www.nmha.org).

Studies have also shown that exposure to natural sunlight (early morning is best) can also be effective in relieving symptoms of SAD.

However, if phototherapy is unsuccessful, an anti-depressive drug may be prescribed.

Help is available

For those feeling overwhelmed by the holiday blues, local help is available.

One option is to visit the 6th Area Support Group Chaplain's Office on Patch Barracks.

The Chaplain's Office offers free faith-based individual counseling as well as family and marriage counseling and suicide prevention to all military ID cardholders and Department of Defense civilians.

A chaplain is also on call 24 hours a day and can be reached by calling the Patch Barracks military police station at 430-5262/civ. 0711-680-5262.

Marina Palmer, a civilian pastoral care counseling professional who has a master's degree in counseling, recently came on board the Chaplain's office and also offers faith-based counseling.

Pastoral care differs from clinical care in that it is "counseling from a spiritual perspective," said 6th ASG Deputy Staff Chaplain Lt. Col. Keith Wright, who holds degrees in both theology and counseling.

Chaplain's Office counselors take a holistic approach and focus not only on the mind and body, but also on the spirit, he said.

New clients first meet with Palmer, who determines what they want and need. If clients demonstrate signs of clinical depression or another affliction that goes beyond the realm of the Chaplain's office counselors' expertise, the intervening chaplain or Palmer will refer them to the Stuttgart Health Clinic.

"I see our job as being [similar to] a mechanic," Wright said, "I may not know how to fix [the problem], but I can recognize the symptoms."

Chaplain's Office personnel see between five and ten new clients each week — both service members and civilians. "We're the biggest stop-gap measure in the community," Wright said.

To battle holiday stress and beat the blues, Wright suggests being involved in the community. "You're far less likely to be depressed if you're out there Christmas caroling with 50 other people than sitting in your room," he said.

"Giving from yourself to others gives you a sense of accomplishment," he added.

An array of services

Army Community Service offers a wide array of resources to help battle the blues and get a handle on holiday stress.

Throughout the year, ACS offers preventative services such as free, confidential budget counseling for families and individuals and employment resources for family members.

ACS also provides volunteer opportunities. Volunteering can reduce feelings of isolation and help provide a sense of value, said Nancy Piper, ACS director.

ACS also offers crisis intervention services to provide families an added sense of well-being when the going gets tough. Sometimes parenting concerns can be overwhelming, and taking time out to talk to an expert can be helpful, Piper said.

ACS professionals are available, she said, so don't feel overwhelmed.

To help ease minor seasonal stresses, an expert from the University of Maryland advised not dwelling on the past, but instead creating new and different ways to celebrate the season.

For more information visit www.nmha.org

Tips for easing seasonal stress

- ◆ Consider changing rituals that are empty and replace stale traditions.
- ◆ Allow yourself to feel sad or lonely; these are normal feelings.
- ◆ Keep expectations for the holiday season manageable. Make lists and prioritize.
- ◆ Be realistic about what you can and can't accomplish over the holidays.
- ◆ Do something for someone else, such as volunteering to help others.
- ◆ Try something new — experience the holidays in a new way.
- ◆ Join an activity such as a Christmas caroling group.
- ◆ Enjoy free activities such as driving around to look at holiday decorations.
- ◆ Spend time with people. Reach out and make new friends or contact someone you haven't heard from in a while.
- ◆ Don't dwell on the past.
- ◆ Make a budget and stick to it — financial pressures can significantly increase stress.

source: National Mental Health Association

Protestant Caroling & Fellowship



■ Dec. 8

■ 7 p.m.

■ Patch Chapel.

Fire safety tips for holiday homes

Every year, careless acts cause hundreds of fires.

Smoking in bed, unmonitored cooking, unsupervised children with matches and lighters and the misuse of supplemental heating equipment account for many of these fires.

Learning to be more diligent and practicing fire safety can eliminate the needless loss of property, serious injury and even death.

Christmas trees

- Choose a fresh Christmas tree and secure it in a sturdy place.
- If using an artificial tree, make sure it is flame retardant.
- Keep live trees moist and away from heat sources.
- When decorating with lights, be sure to purchase those only labeled by a testing laboratory.
- **Never** place lit candles on a tree.

Candles

- Candle fires in the home increase during the holiday season.
- Don't leave children unattended in a room with lighted candles.
- Always keep candles, matches and lighters out of reach of children.
- Remember that in all government facilities (except community chapels during religious services), the use of open flame candles is prohibited.

In the kitchen

- Cooking fires are the most common cause of home fires in military quarters, killing or injuring thousands each year.
- Supervise all kitchen activities.
- **Never** leave cooking unattended.

Home heaters

- Home heating equipment fires are the second leading cause of home fires and related deaths in the U.S. each year.
- Properly maintain heating equipment and use supplemental heating devices – such as portable space heaters, fireplaces or wood burning stoves – with extreme caution. (And remember: These types of devices are prohibited in all government facilities.)

Smoking

- Cigarettes and other smoking materials are the number one cause of home fire deaths.
- **Never** smoke in bed



Don't miss Germany's famous Christmas markets

Compiled by Melanie Casey

It's time again to stroll through your favorite *Weihnachtsmarkt* (or *Christkindlmarkt*), known to most Americans as a Christmas market.

If you haven't had the chance to enjoy a Christmas market, take the opportunity this year to experience centuries' old traditions and the warm and inviting atmosphere of the German holiday season.

Stuttgart Weihnachtsmarkt

One of the most beautiful and largest Christmas markets in Europe began in 1692. Located in Stuttgart's city center, the market includes a village of sales booths with wooden toys, Christmas ornaments, gingerbread, roasted almonds, grilled sausage and of course mulled wine as well as a children's railway, merry-go-round and fairy tale land.

Shopping hours: Through Dec. 23 – Mondays to Saturdays, 10 a.m. to 8:30 p.m. and Sundays, 11 a.m. to 8:30 p.m.

Rothenburg Reiterlesmarkt

This market dates back to the 15th century and is one of the oldest in Germany. Every day, the market offers cultural events ranging from organ concerts to puppet theater.

The market is held beneath the twin towers and the illuminated windows of St. Jacobs Church.

Shopping hours: Through Dec. 21 – Mondays to Fridays, 12:30 p.m. to 7 p.m., Saturdays, 10:30 a.m. to 7:30 p.m. and Sundays, 10:30 a.m. to 7 p.m.

Esslingen Medieval Weihnachtsmarkt

One of the smaller Christmas markets but well worth visiting (and just a short drive from Stuttgart.)

Booths are set up from the Rathausplatz to Postmichelmarkt.

Shopping hours: Through Dec. 22 – Daily, 11 a.m. to 8 p.m.

Bad Tölz Christkindlmarkt

Sales, food and beverage booths are set up throughout the historical Marktstrasse. One of the highlights is the performance of the famous *Tölzer Sängerknaben*, or boys' choir.

Shopping hours: Through Dec. 24 – Daily, 11 a.m. to 7 p.m.

Augsburg Christkindlmarkt

One of the oldest and most beautiful Christmas markets in Bavaria. Booths are set up at the market square in front of the Renaissance Rathaus. Twenty-four angels perform on the cornices of city hall Saturdays and Sundays at 6 p.m.

Shopping hours: Through Dec. 24 – Mondays to Saturdays, 9:30 a.m. to 8 p.m. and Sundays, 10 a.m. to 8 p.m.

Frankfurt Weihnachtsmarkt

The Frankfurt Christmas market has become one of the best known in all of Germany due to its size (more than 200 businesses), the historical background of the "Römerberg," the many events associated with it as well as the symbol of the season, a 30-meter high Christmas tree imported from Norway.

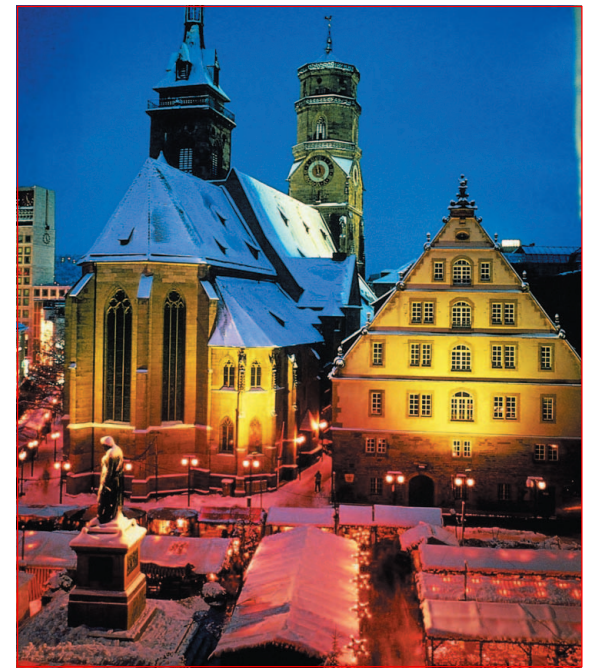
Shopping hours: Through Dec. 22 – Daily, 10 a.m. to 9 p.m.

Munich Christkindlmarkt

At Marienhof, see a remarkable creche with almost life-sized figures. Christmas carols are performed daily at 5:30 p.m. from the city hall balcony.

Children ages 6 to 12 can make free Christmas ornaments inside city hall.

Shopping hours: Through Dec. 24 – Mondays to Fridays, 10 a.m. to 8:30 p.m., Saturdays, 9 a.m. to 8:30 a.m., Sundays, 10 a.m. to 7:30 p.m. and Christmas Eve, 10 a.m. to 2 p.m.



courtesy City of Stuttgart

The Stuttgart Weihnachtsmarkt is one of the biggest and most beautiful in Europe.

Holiday shopping and fest safety

■ **Maintain a low profile.** Your conduct and mannerisms should not attract attention. For example, keep voices low.

■ **Don't go out in large groups.** Smaller groups are much less likely to be noticed.

■ **Dress to blend in.** Certain types of clothing (such as tennis shoes and baseball caps) may identify you as an American.

■ **Limit alcohol intake.** Try not to overindulge, and plan transportation home in advance.

■ **Be alert to your surroundings.** If you think you're being followed, go to a secure area (the German Polizei always have a station at fests).

Ulm Weihnachtsmarkt

More than 120 sales, food and beverage booths will be set up in front of the Ulmer Münster, the famous cathedral in the historical part of town.

Shopping hours: Through Dec. 22 – Mondays to Saturdays, 10 a.m. to 8:30 p.m. and Sundays, 11 a.m. to 8:30 p.m.

Ludwigsburg Weihnachtsmarkt

This very special and romantic Christmas market has more than 160 sales, food and beverage booths set up at the pictures market in the heart of Ludwigsburg, just a short drive from Stuttgart.

Shopping hours: Through Dec. 22 – Mondays to Saturdays, 10:30 a.m. to 8:30 p.m. and Sundays, 11 a.m. to 8:30 p.m.

Heidelberg Weihnachtsmarkt

Sales, food and beverage booths are set up along Hauptstrasse on Kornmarkt, Marketplatz around the Heiliggeistkirche in front of city hall (which is illuminated daily) and on Universitätsplatz.

Shopping hours: Through Dec. 22 – Daily, 11 a.m. to 9 p.m.



YS dance instructor bids farewell

Nov. 21 recital serves as 'swan song'

Story & photos
By Mildred Green

Youth Services Dance Instructor Jackie Dudman staged her final dance recital in the 6th Area Support Group Nov. 21.

Because Dudman was scheduled to leave before the event's scheduled performance date, there was concern that the recital would have to be cancelled.

However, the instructor said her students' hard work and dedication ensured that the show would definitely go on – just a bit earlier than planned.

The first group of dancers were kinder-ballet and kinder-ballet jazz (ages 3 to 5), followed by tap and contemporary dance with basic ballet (ages 6 to 12).

Along with the smiles seen during the performances, there were also tears from Dudman and parents at the end of the show.

Several parents made no secret of their feelings regarding Dudman's departure.

"We're very sad," said Rayna Salzwedel. "She's really friendly and good with the kids."

Seeing each child developing a strong character – and their happiness when they've achieved – was very special to me.

Jackie Dudman
YS Dance Instructor

Parents brought food and drinks for a farewell reception after the show.

Children and parents lined up during the reception to present the departing teacher with flowers and hugs.

"The children are attached to her," said Andrea Brown, a parent of one of Dudman's students. "It will be sad to see her go."

Dudman said she was truly sad to see this chapter in her life come to a close.

Though she said her fondest memory would be "seeing the students progressing over time and feeling good about themselves," she added that perhaps what she will miss the most is simply the faces of her students and the dedication they displayed.

[Top left] Two young ballet dancers perform Nov. 21 on Robinson Barracks.

[Bottom left] At the conclusion of an emotional performance, YS dance instructor Jackie Dudman receives one of many farewell hugs.



Chris Vucich sights on the target Nov. 22 while competing in the "Turkey Shoot" in the JROTC firing range on Patch Barracks

'Turkey Shoot' raises funds for Romanian orphanage

Story & photo
by Hugh C. McBride

Breathe easy, animal lovers: Despite the name, no fowl were harmed during the Patch High School Junior Reserve Officer Training Corps' "Turkey Shoot" Nov. 22.

The air rifles employed in the annual competition pointed only toward paper targets – and the contest's biggest bullseye was not

a fowl but a four-digit number on a tote board near the rifle range where the shooting took place.

"We're going to deliver \$1,000 dollars [from the event] to an orphanage in Romania," said Retired Chief Warrant Officer Jack Goldman, JROTC advisor.

Goldman said two JROTC cadets and PHS teacher Gary Kelb would travel to Romania over Thanksgiving vacation to bring the money and other supplies to the orphanage.

Grapplers get 'slammed' in Stuttgart

German, American wrestlers square off on Patch Barracks

Story & photos
by Hugh C. McBride

Wrestlers from throughout U.S. Army, Europe, converged on Patch Barracks Nov. 22 to put their skills to the test against fellow American grapplers as well as a contingent of German competitors.

"Stuttgart Slam 2003" pitted nine teams (seven comprised of U.S. identification cardholders and two German squads) against each other in a daylong series of freestyle and Greco-Roman wrestling.

Freestyle wrestling is the "traditional" type of amateur wrestling most popular in the United States. Greco-Roman wrestling bars competitors from using their legs to obtain a fall or holding their opponent below the waist.

"This was a great event," said Bryant Searcy, the 6th Area Support Group's Sports and Fitness director.

Stuttgart's team placed fourth overall and second among the U.S. teams.

The Stallions were led by Russ Barnum, who placed second in the heavyweight division in both the freestyle and Greco-Roman categories.

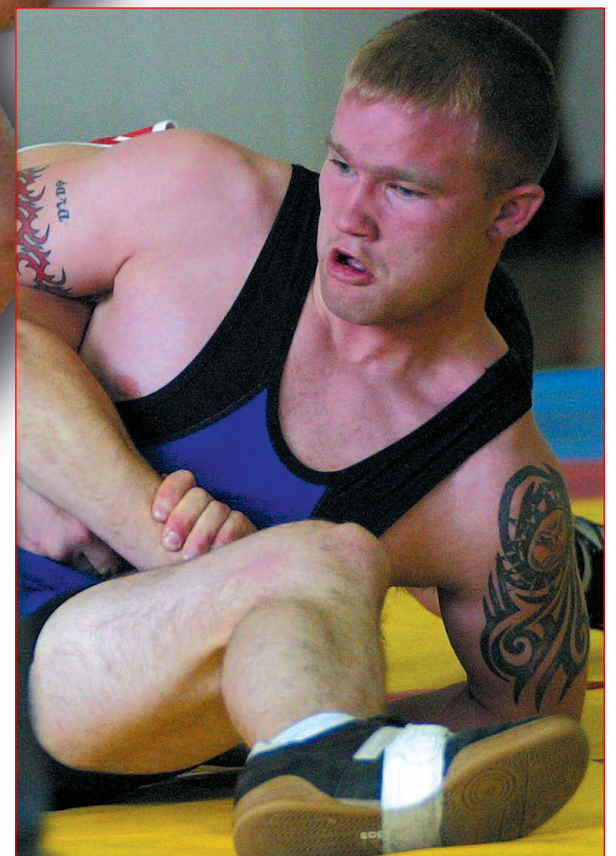
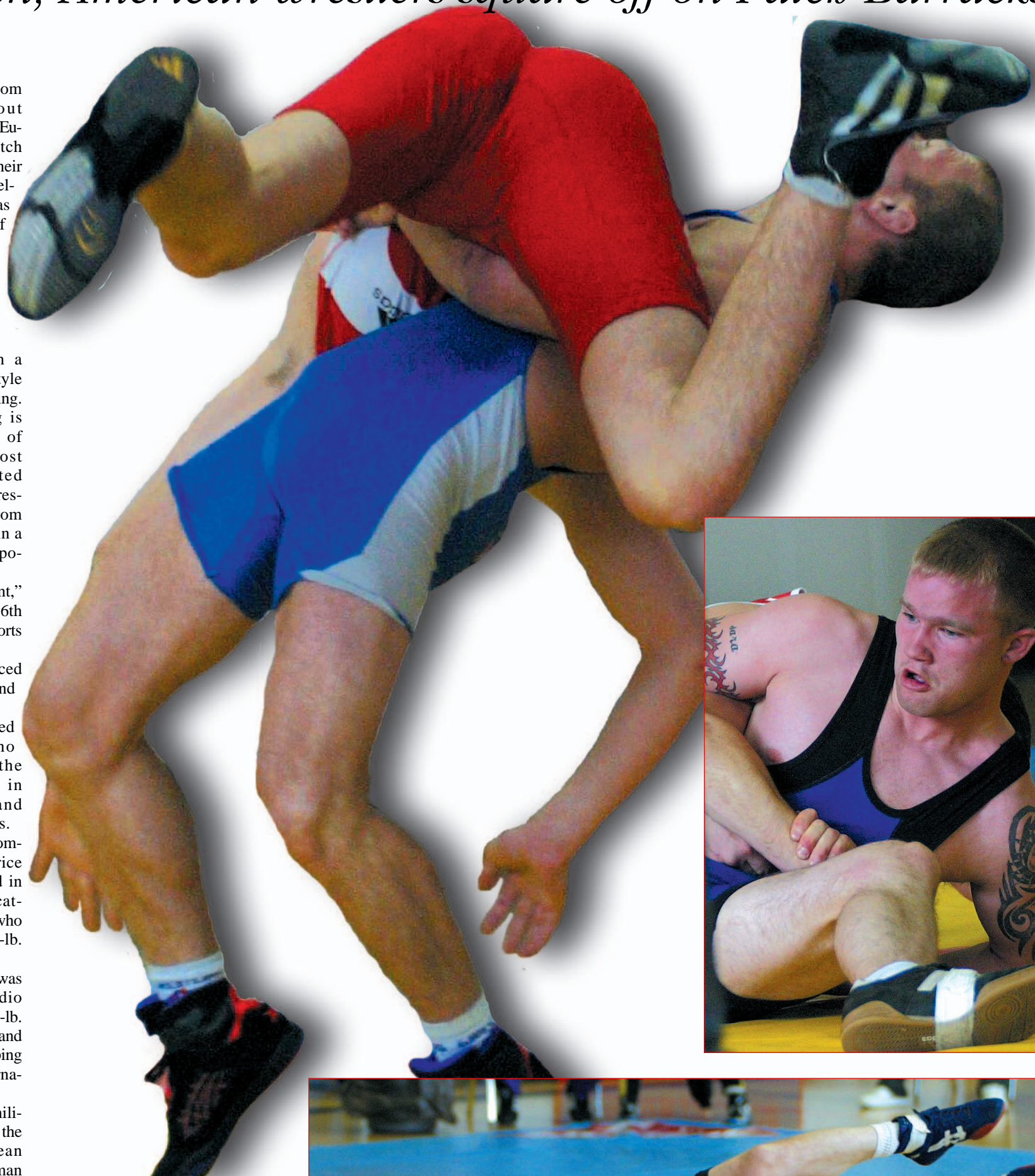
Other notable local competitors included Maurice Evans, who placed third in the 163-lb. freestyle category, and Robert Hicks, who finished third in the 211-lb. freestyle competition.

The top U.S. wrestler was Kaiserslautern's Aridio Peralta, who won the 163-lb. division in both freestyle and Greco-Roman while helping "K-Town" take the tournament's top team honors.

The next event for military-affiliated wrestlers is the U.S. military European freestyle and Greco-Roman championship tournament Dec. 6 and 7 in Würzburg.

For area athletes who prefer to face off in a ring rather than on a mat, the Patch Fitness Center will host the Stuttgart Boxing Invitational Jan. 10. This competition is limited to active-duty military personnel or individuals who belong to a German boxing club.

For more information about sports opportunities in the 6th ASG call 430-4512/civ. 0711-680-5412 or e-mail searcyb@6asg.army.mil.



[Above] German wrestlers Jan Hoffman and Slavomir Biskup get tangled up and airborne during Nov. 22's Stuttgart Slam on Patch Barracks.

[Top Right] Kaiserslautern's Robert Munoz plots his next move during a Greco-Roman match against Hoffman.

[Bottom Right] Bad Aibling's Steve Tingley and Kaiserslautern's Aridio Peralta hit the mat during a 163-lb. match.

YS soccer squad squares off against German team

Pee-Wee team ends season with international 'friendly'

Story and photos by Hugh C. McBride

Seventeen months after the United States and Germany faced off in a historic World Cup semifinal contest, soccer squads from each nation again took to the pitch – this time on Kelley Barracks.

The stakes weren't quite as large Nov. 15 in Stuttgart as they were June 21, 2002 in South Korea – nor, for that matter, were the players – but the Kelley contest lacked for neither passion nor patriotism.

"[The players] were all fired up because we were playing the Germans," said Dominick Puricelli, coach of the Youth Services Pee-Wee (ages 5 and 7) team that took on a squad of similarly aged players from nearby Plieningen.

Though the U.S. players were a bit awed by the skills of their host-nation counterparts, Puricelli said, apprehension gave way to enthusiasm once the contest was underway.

"They were a little nervous until the other team scored," he said. "Then they got mad."

Though national pride may technically have been at stake, Puricelli and YS Sports Director Bob Gridley agreed that the overriding emotion was one of friendship.

"The kids did awesome," Puricelli said. "They all had a fun time and enjoyed themselves."

Added Gridley, "It's great any time we can get Germans and Americans together like this."

And lest anyone think this "no one went home a loser" sentiment was just for show, the final score should put those doubts to rest: The game ended in a tie, 8 to 8.



[Above] Stuttgart goalie Sean Haisley, 5, hits the deck to make a save.



[Above] Stuttgart defenders Gabriel Rosenwald, 5 (left), and Alexis Cools, 7, close in on the ball.

[Left] Nicholas Puricelli, 7, dribbles upfield with three defenders in pursuit.